

Go Bananas! Bread

Makes: 1 Loaf

Making banana bread is a great way to use up bananas that may have gotten a little too ripe.

Ingredients

1 cup White flour, enriched all-purpose
1 1/2 cups whole wheat flour
1/2 teaspoon cinnamon
1/2 teaspoon salt
4 teaspoons baking powder
1 egg (large)
1 cup Ripe banana, mashed
1 cup applesauce, unsweetened
1/2 cup sugar
2 tablespoons canola oil
3/4 cup Fat-free or 1% (low-fat) milk
 cooking spray (As needed)
1/4 cup Dried fruit (raisins, cranberries), chopped (optional)

Directions

1. Preheat oven to 350°F.
2. Spray loaf pans with cooking spray.
3. In a mixing bowl combine flours, cinnamon, salt and baking powder.
4. In a separate bowl, beat together the egg, banana, applesauce, sugar, oil and milk.
5. Add the milk mixture to the dry ingredients and mix until just combined.
6. Fold in dried fruit (optional).
7. Pour into pan(s) and bake for 55 - 65 minutes.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	89	
Total Fat	2 g	
Protein	3 g	
Carbohydrates	16 g	
Dietary Fiber	2 g	
Saturated Fat	NA	
Sodium	164 mg	

Notes

This recipe can also be made by adding nuts.